



CITY OF DURHAM
Durham Parks and Recreation
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NEWS RELEASE

Parks and Recreation Department



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Discover Your Super Powers by Celebrating Park and Recreation Month

Durham Seeks #SuperParkSelfie and #SuperJuly in Photo Contest

DURHAM, N.C. – Get ready to discover your super powers in July with Durham Parks and Recreation (DPR) and the National Recreation and Park Association (NRPA).

Since 1985, America has celebrated Park and Recreation Month in July. This year, it's all about discovering your super powers at one of Durham's parks or recreation facilities. From learning a new skill, to meeting your fitness goals, DPR facilities will have you feeling like a superhero before July is over.

"July is the perfect time to highlight all the benefits parks and recreation provides," said DPR Director Rhonda B. Parker. "Our local parks and recreation activities directly contribute to reduced obesity rates, an improved ecosystem, and increased property values. We are encouraging everyone to get out there to experience the power of parks and recreation for themselves."

Residents are encouraged to participate in a photo contest capturing the super powers they gain while recreating in Durham during a month-long photo contest sponsored by the NRPA. Submit your photos on [Facebook](#), [Twitter](#), [Instagram](#), or the [NRPA](#) website with the hashtag #SuperParkSelfie and #SuperJuly, and you will be eligible to win a \$500 Amazon gift card starting on July 11. Submit your selfies following these weekly themes to win!

- July 4-10: Selfie with nature!
- July 11-17: Selfie doing something healthy!
- July 18-24: Selfie with your friends and community!
- July 25-31: Selfie showing your superhero side!

Be sure to tag Durham Parks and Recreation so that photos can also be shared on our social media sites.

In honor of Park and Recreation Month, DPR will celebrate with a host of fun activities including the [Fun Caravan](#) to be held every Wednesday in July from 9:30 a.m. to 11:30 a.m. in various parks throughout Durham.

Captain Active, DPR's new superhero, will lead children ages 12 and under in a host of fun, active and challenging recreation experiences from arts and crafts to obstacle courses. Children must be accompanied by an adult.

Residents are also invited to enjoy a host of other programs and activities available in July. Visit www.DPRPlayMore.org, follow DPR on [Facebook](#), [Twitter](#) and [Instagram](#), or call (919) 560-4355 to learn about DPR programs and activities in Durham.

About Durham Parks and Recreation

Durham Parks and Recreation provides opportunities for the Durham community to "Play More." Guided by the City's Strategic Plan, we strive to help residents discover, explore and enjoy life through creative and challenging recreational choices that contribute to their physical, emotional and social health. To learn more about Durham Parks and Recreation, follow us on [Facebook](#), [Twitter](#) and [Instagram](#), or call (919) 560-4355.

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